

PERSPECTIVES

AUGUST 2019

AARP Locust Grove Chapter 5239

web-site www.aarp5239.org



PRESIDENT'S LETTER

ENGAGING THE COMMUNITY CREATES COMMUNITY

By Larry Eiben



I hope everyone got through the last heat wave without any incidents. It was sure hot and hopefully kept you indoors.

Thanks to Fire & Rescue, I sent out some information on how to deal with the blistering heat – hope it helped. Not sure what to expect for the rest of the summer but I'm voting for more moderate temperatures.

Was thinking recently about our chapter (Locust Grove AARP Chapter 5239). Thinking about Rosemary & Bill Walker, original architects of the club, and the fact



it has survived for 21 years. There's so much involved in starting a club including identifying objectives, meeting location, dates

& times for meetings, recruitment, etc. The original planning was obviously outstanding and has grown to one of the largest AARP Chapters in Virginia. We are the heirs of this wonderful organization and it is our jobs to continue to ensure its success and growth.

Of course, no chapter can be successful without a group of dedicated individuals

who are willing to fill our respective Officers and Committee responsibilities. Our chapter is focused on taking action, completing tasks and raising awareness. Our officers help to organize these things and disseminate information to our members. It's a lot of fun and a very rewarding experience. The Nominating Committee is presently working to fill some positions. If you are contacted, please give the assignment your utmost consideration.

In closing, I would like to again thank those individuals who helped with the VIN Etching Program and Community Day. Both programs were extremely successful and could not have been accomplished without the support of our dedicated members. For that – I THANK YOU!

BRAIN PILLS ARE A BUST

One in four Americans 50 and older take a supplement for brain health. They are likely flushing dollars down the drain, says



a new report by the AARP Global Council on Brain Health (GCBH). The study, "The Real Deal on Brain Health Supplements," says more than \$3 billion was spent on

memory supplements in 2016, a number that is expected to nearly double by 2023." Despite adults' widespread use of brain health supplements, there appears to be little reason for it," the study says, "It's a massive waste of money." The GCBH, an independent body of top scientists, doctors, scholars, and policy

experts brought together by AARP, reviewed the evidence of brain- health supplement effectiveness to determine the best advice to give those who take the pills. The council found that “scientific evidence does not support the use of any supplement to prevent, slow, reverse, or stop cognitive decline or dementia or other related neurological disease such as Alzheimer’s.” Not only could no evidence be found that brain health supplements worked, the council found “significant concerns” about misleading claims from companies selling them, and about the safety and purity under which the supplements were manufactured.

“Unfortunately, supplement ingredients are not generally reviewed for purity and content by government agencies before they are allowed to be sold,” the report says. “Some may contain ingredients that could even harm consumers.” The best course for those hoping to avoid premature memory loss, according to the report: “The GCBC recommends consumers save their money and adopt healthy life-style habits instead.”

AUGUST MEETING

Program at AARP 5239

by Madeline Salustri,
Publicity Chair AARP 5239

Keep Your Brain Healthy – the Word from AARP



At the August 19 meeting of AARP 5239 Mike D’Ostilio will coach us on how to keep our senior brains healthy. Mike retired from the army in 1995 and from the Federal Government in 2015, where he served as the Chief of Investigations, Assistance, and Hot Line Branch for the Army Inspector General Agency. He was

also the Senior Instructor at the Army Inspector General School, where he developed curriculum and monitored instruction.

Mike began working with AARP as a legislative volunteer in 2016 and has participated both at the state and federal level, talking with legislative officials on healthcare and care giving initiatives affecting seniors. He is also a member of the AARP Virginia Speakers Bureau and has presented such topics as Brain Health, Home Fit, and Making Chapters More Effective. In 2017, Mike was presented with the AARP Virginia Rookie of the Year Award.

Mike’s presentation, entitled the *Five Pillars of Brain Health*, stresses the fact that it is never too late to take charge of brain health. Even into old age our brains are constantly changing and making new nerve cells. We can take care of our brain health and improve our quality of life. The overall message is to stay mentally, physically and socially active – while paying special attention to a healthy diet, cardiovascular health and stress reduction.

So join us to receive this important message from one of our own, an active AARP Volunteer. Come to the clubhouse Grand Room at 9:30 on Monday, August 19 to nibble breakfast treats and enjoy fellowship. The meeting begins at 10 am. For further information contact Larry Eiben 540 972 1847.

MEDICAL NEWS

By Sandle Frame

Want to know how big of an impact you are making on the environment? Use the carbon footprint calculator of CoolClimate.org/calculator. A carbon footprint is a measure of the greenhouse

gases released in the production, use, and disposal of everything you consume. This includes emissions from transportation, household energy, waste, water, food, goods, and services. Developed by researchers at the University of California, Berkeley, with financial support from the California Air Resources Board, this online tool helps you quickly compare your household carbon footprint to similar households in your zip code, city or state, and then prioritize the things you can do to reduce our climate impact. Also see CoolClimate.org/maps to compare the carbon footprint of different zip codes.

How fast do you need to walk to meet federal guidelines to do “moderate intensity” activity for 150 minutes a week or “vigorous” exercise for 75 minutes a week? Walking at least 100 steps per minute constitutes moderate exercise for most people, and at least 130 steps per minute is vigorous exercise, according to a small study published in the *International Journal of Behavioral Nutrition and Physical Activity*. These step counts were calculated while participants walked on treadmills at various speeds, holding portable devices that measured oxygen consumption (which was used to compute METS, a unit of measure of the intensity of physical consumption). Unfortunately, this ongoing HIH funded study has so far included people ages 21 to 40, but will continue testing older groups up to age 85. At least six previous studies have also found that 100 steps per minute is the threshold for moderate intensity walking, the researchers stated. Always remember to check with your physician before starting any exercise program. None the less, if you are able, walking is still the best exercise for most people.

Source: *University of California, Berkeley, Wellness Letter*, July 2019



by Joan Albertella

Thinking of you cards were sent to Peggy Powell and Ed Rowan

Sympathy card was sent to Pam Nalls on passing of her mother.

If you know of someone needing a card or note, contact Joan at jfa1041@comcast.net. Please include their address if you know it.

AUGUST BIRTHDAYS

By Pam Archer, Membership



David Bowles,	Anne Boyd
Helen Brewer,	Gerlinde Carmona
Judy Chess,	Alice Clune
John Connon,	Jim Danoy
Carleen Delio,	Arlene DeSimone
Allie Felder,	Lee Frame
Lynn Hein,	Betty Hughes
Martha Keys,	Connie LeMay
Marilyn McKay,	Vera Moody
Jim Oldham,	Mike Pulice
Mildred Russinko,	James Shorten
Emily Slunt,	Lisa Ward

AARP Legislation Update**By Ed Bunting**

A recent Marist College polling for NPR/PBS News Hour found 70% of Americans favor Medicare for all who want it, which is a choice between a national health insurance program (such as Medicare) or their own private insurance. Democrats (90%) and independents (70%) align on this question, and 46% of republicans think it's a good idea.

A national consulting firm, Avalere, says that the liberal Center for American Progress, CAP, promotes a health care plan that would achieve universal coverage at a much lower cost than Medicare for All. CAP's plan would lower national health expenditures while increasing federal health care spending by roughly \$3 trillion - \$5 trillion over ten years. Various estimates for federal costs of Bernie Sanders' Medicare for All are roughly \$32 trillion over ten years. Both plans would be at least slightly less expensive for the country, as a whole, than the current figure. CAP's plan would cost the government less, in part, because it wouldn't eliminate premiums or cost-sharing, which Sanders' bill would.

Medicare for all who want it or Medicare for All. We should have choices.

The Prescription Drug Pricing Act of 2019 passed the Senate Finance Committee on July 25th. A bipartisan bill developed by Sen. Charles Grassley (R-Iowa) and Sen. Ron Wyden (D Ore). It's an early effort to reduce prices of drugs we obtain through Medicare Part B (those administered by a doctor) and Part D (those you pick up at the pharmacy counter).

There's a long road ahead as the bill has yet to reach the Senate floor for its approval. Of course, the House and President Trump must have their input before results trickle down to us consumers. Sen. Grassley says it's a good start. We'll keep a close watch.

On July 25th the House Ways and Means Committee held a hearing on the Social Security 2100 Act. This act expands the benefits of both current and future beneficiaries, while ensuring that all benefits - scheduled as well as proposed - will be paid on time and in full throughout the 21st century and beyond. This is the first full committee congressional hearing on expanding Social Security benefits in nearly a half century.

Nancy Altman, president of Social Security Works, and one of five witnesses at the hearing, commented that the hearing "Represents a critical milestone in the fight to increase, not cut, Social Security's modest benefits. Social Security is most Americans' largest asset. Though the exact value varies with age and other important factors, Americans' Social Security disability insurance, life insurance and joint and survivor retirement annuities have present values worth hundreds of thousands of dollars."

Read more on line about Social Security 2100 Act.

TOURS AND TRAVEL

By Barbara Ehlen

Fall Foliage Train Ride:



Come join us for a journey back in time on a vintage train through the scenic countryside of Maryland including a picnic lunch on board. Saturday, October 26, 2019 Price: \$85.00



Holidays in New York City:

Package includes motorcoach transportation, 2 nights in a hotel suite in NJ, 2 dinners including an authentic Brazilian restaurant, tour 9/11 Museum, 9/11 memorial, top of the One World Observatory, "The Ride" an interactive theatrical motorcoach fun tour through midtown Manhattan. Free time to explore and see the Rockefeller Center Christmas Tree, shop, maybe a Broadway Show or see the famous Rockettes. December 4-6, 2019 Price: \$579.00 p/p double \$519.00p/p triple

Motorcoach departs on both trips from Lake of the Woods lower parking lot and the commuter lot on Route 3 and Gordon Road Fredericksburg.

Call Barbara at (540) 972-4651 or email wisecruiser@hotmail.com for more information or a flyer.



**See the Nationals Play Ball!
Baseball Trip Sept. 26, 2019
By Dave Kraus**

Our chapter is again sponsoring a bus trip to a Washington Nationals baseball game at Nationals Park. The date is Thursday, Sept. 26, and the opponent is the Philadelphia Phillies, who have a player named Bryce Harper. The game starts at 4:05 PM, and participants need to be on the bus in the Clubhouse lower level parking lot by 1:00.

The trip is open to the entire LOW community and beyond. \$75 per person covers the bus ride and a game ticket. You may include as many other people in your order as you wish as long as space is available. **Your reservations cannot be made until we have received payment [check(s)]. Seats will not be held without payment.** Make your checks payable to "AARP Chapter 5239".

Our seats will be near where the bus will unload. They are on the lower/field level down the first base line facing the outfield. An elevator is available for folks who choose not to climb the long staircase up to the stadium.

Please mail your checks to Dave Kraus (127 Indian Hills Rd.), or give your checks to Dave or Nick Duy (606 Cornwallis Ave.). We're both in Locust Grove 22508.

Questions? – Nick (972-0350); Dave (krausman369@gmail.com; [571-334-4913](tel:571-334-4913)).

PLEASE NOTE: Our AARP chapter cannot guarantee, most notably in the case of inclement weather, that the game will be played or that it will not be suspended after starting. We are not responsible for your non-refundable ticket cost or any fee owed the bus driver. We cannot provide transportation to a make-up game. Questions? Contact Dave or Nick.

**Christmas Village Thursday,
December 12, 2019
Baltimore MD, Inner Harbor**
By Pierre Payette

Christmas Village is a combination of an outdoor and indoor Holiday Market modeled after the traditional Christmas Markets in Germany such as the famous Christkindl Mkt in Nurnberg. Vendors in more than 50 booths will sell traditional European food, sweets and drinks. They will also offer a great shopping experience with a large variety of international holiday gifts, ornaments, jewelry, high quality arts and crafts, as well as a great selection of authentic German foods.

The outside area will bring the original Christmas Village charm with its traditional German style wooden huts. In addition, a huge heated festival tent will create a Christmas-like shopping atmosphere with more vendors as well as a food court. Featured in the heated tent is Kathe Wohlfart, Germany's top Christmas ornament and décor company, reflecting traditional German handcrafts for over 50 years.

Cost will be \$39 per person. Bus will leave LOW at 9 A.M., pick up at Gordon

Rd. at 9:15. Depart Christmas Village at 3 P.M. and arrive at LOW at approximately 5:30 P.M.

NOTE: The response for the trip has been overwhelming! I am now filling a second bus. Do not get left out. YOU SNOOZE, YOU LOSE !!
Call Pierre at 972-0519 for reservations. Checks should be mailed to Pierre Payette, 114 Parliament St, Locust Grove, VA 22508. Make checks payable to: AARP #5239.



**Lake of the Woods
Volunteer Fire & Rescue
Company**

By John P Farrell Jr.,
Volunteer Firefighter

Welcome to our new article in your monthly *Perspectives*. Your Lake of the Woods Volunteer Fire & Rescue Company has partnered with AARP Locust Grove Chapter 5239 in order to share some safety messages as part of our Community Risk Reduction efforts. We hope you find these helpful and informative and look forward to your feedback.

First, a reminder to **all** that in the event of an emergency, please call 9-1-1. An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.

Examples may include:

- A fire
- A crime, especially if in progress
- A car crash, especially if someone is injured

- A medical emergency, especially for symptoms that require immediate medical attention

If you're not sure whether the situation is a true emergency, we recommend calling 911 and letting the call-taker determine whether you need emergency help. For our Lake of the Woods residents calling 911 will also allow for Fire & Rescue and LOW Security to be alerted to assist with responding to your needs.

Now on to our first of a four-part series.

Knowing what to do you can do to help mitigate injuries in the event of a fire, or fall, is particularly important for seniors. *Remembering When: A Fire and Fall Prevention Program for Older Adults*, was developed by NFPA and the Centers for Disease Control and Prevention (CDC) to help senior's safety within their home. This program is built around 16 key safety messages – eight fire prevention and eight fall prevention. Over the course of the next four months, we will highlight all 16 key safety messages for your awareness.

How to Prevent Fires

To increase fire safety for older adults, NFPA offers the following safety tips and guidelines:

- ❖ **If you smoke, smoke outside.**
 - Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand. Never smoke in bed. Never smoke if oxygen is used in the home.

- ❖ **Give space heaters space.**

- Keep them at least 3 feet away from anything that can burn. Shut off heaters when you leave or go to bed.

- ❖ **Stay in the kitchen when frying food.**

- Never leave cooking unattended. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication.

- ❖ **Stop, drop, and roll.**

- If your clothes catch on fire, stop (don't run), drop gently to the ground, and cover your face with your hands. Roll over and over or back and forth to put out the fire. Use cool water for 3-5 minutes to cool the burn. Get medical help right away.

**JULY 15, 2019
HIGHLIGHTS OF GENERAL
MEETING
By Lea Lebar**

Guest Speaker Violet Liberti introduced the guest speaker, Dr. Brian Scott, who is a chiropractor, author and educator. His topic was Peripheral Neuropathy which is damage to the nerves.

Some of the symptoms are numbness in localized body areas, loss of balance, burning sensation, tingling, low back pain, muscle

cramps and lack of sleep.

Some of the causes are diabetes, chemotherapy, surgery, spinal arthritis, poor circulation, medication, infections, alcohol and genetics.

These causes could be greatly reduced by improving circulation, increasing nitric oxide production, reducing lymph edema, stimulating healthy collagen tissue and supporting RNA and DNA synthesis.

Some of the treatments Dr. Scott uses are light therapy to increase circulation and vibration therapy.

He can be reached at 757-604-8600 for appointments.

Fund Raisers Karen Kovarik introduced Jim Steele and Janet Ayers, owners of Generals' Quarters Restaurant. They attended the meeting to present a check to our chapter in the amount of \$325 resulting from the fund raiser at their restaurant May 28th. October 29th will be the second fund raiser with Generals' Quarters. Generals' Quarters has donated \$825 to us over a two-year period.

Harry's Alehouse is also participating in our fund raiser July 29th from 4:00 p.m. to closing.

Membership Pam Archer announced that we acquired 2 new members along with 13 guests at the meeting.

Nominating Committee Lee Frame, Ann Wood and Pierre Payette comprise the Nominating Committee and are looking for volunteers to fill 4 Officers' positions, 2 Directors' posts and 2 Committee chairs. If you want to make a difference in the community by helping others, contact Lee Frame at 540-972-6385 or Pierre Payette at 540-972-0519.

VIN Etching Larry Eiben thanked all the volunteers who helped with the VIN Etching July 13th.

Chicken BBQ Plans for the November 5th BBQ are progressing on schedule.

LOW July 6 Celebration Carolyn Durphy acknowledged all the volunteers who helped at the AARP table at The Point on July 6th by having them stand up and be recognized.

Food Bank Drive A volunteer is still needed to coordinate the Food Bank Drive September 21st. If interested, Carolyn Durphy can be contacted at 540-972-3306 to explain what this entails.

Refreshments A thank you to Alice Grgas, Ann Wood and Marianne Kraus for making sure snacks and beverages are provided at each meeting.

AARP 5239
P.O. Box 945
Locust Grove, VA 22508

www.aarp5239.org

This Month's Meeting: August 19, 2019
Clubhouse Grand Hall 9:30AM

Next Month's Meeting: September 16, 2019
Clubhouse Grand Hall 9:30AM



The Power to Make it Better

OFFICERS

President	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	Larryeiben@gmail.com
Vice President	Peggy Powell	103 Tall Pines Trail	703-622-5401	Pegpowl@aol.com
Secretary	Lea LeBar	133 Parliament Street	540-693-7592	Llebar36@gmail.com
Treasurer	Dick Durphy	1105 Eastover Parkway	540-972-3306	dickd9@msn.com

DIRECTORS

Director	Karen Kovarik	501 Wakefield Drive	540-972-7866	dkkovarik@aol.com
Director	Judy Schrage	301 Cornwallis Ave	540-972-4028	jerryjudy@gmail.com
Director	Greg Stoner	1908 Lakeview Pkwy	540-388-2540	Gstoner65@gmail.com
Director	Skip Poole	262 Washington Street	540-972-7268	Poole123189@comcast.net
Director	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Past President	Carolyn Durphy	1105 Eastover Parkway	540-972-3306	dolph1nlvr@msn.com

COMMITTEE CHAIRS:

Chicken BBQ Chair	Larry Eiben	221 Harpers Ferry Drive	540-972-1847	larryeiben@gmail.com
Driver Safety Class	Elaine Cook		703-309-4810	Elaine@olderandbolder.net
Email	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Eye Glass Recycling	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Food Pantry Liaison				
Lead Greeter	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
Legislative	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com
LOW Name Tags	Carolyn Durpny	1105 Eastover Parkway	540-972-3306	Dolph1nlvr@msn.com
Medical	Sandie Frame	103 Woodland Trail	540-972-6385	SandraFrame@Verizon.net
Membership	Pam Archer	1101 Eastover Pkwy	540-907-7579	archers0526@gmail.com
Perspectives	Peggy Powell	103 Tall Pines Avenue	703-622-5401	pegpowl@aol.com
Photographer	Bill Ruark	216 Confederate Circle	540-219-8261	wtruark@gmail.com
Program Chair	Tina Aris	301 Limestone Lane	540-972-2016	t.aris34@yahoo.com
Program Committee	Violet Liberti	115 Parliament Street	540-972-1272	parliament115@verizon.net
Public Relations	Madeline Salustri	202 Cornwallis Avenue	540-412-2950	madalsal@comcast.net
Refreshments: Coffee	Marianne Kraus	127 Indian Hills Road	703-298-1074	krausman369@gmail.com
Refreshments: Goodies	Ann Wood	110 Green Street	540-972-3326	callwood@aol.com
	Alice Grgas	505 Birdie Road	540-972-6199	algrg517@aol.com
Sunshine	Joan Albertella	111 Patrick Henry Court	540-972-7779	jfa1041@comcast.net
Tours/Travel	Barbara Ehlen	100 Woodlawn Trail	540-972-7710	wisecruiser@hotmail.com
	Pierre Payette	114 Parliament Street	540-972-0519	pierre114@verizon.net
TRIAD	Delores Wiberg	35442 Wilderness Shores Way	540-399-1531	
Volunteer Hours	David Kraus	127 Indian Hills Road	571-334-4913	Krausman369@gmail.com
Web Master	Dick Durphy	1105 Eastover Parkway	540-972-3306	Dickd9@msn.com
Woods Cares	Jeanette Embrey	230 Birdie Road	540-972-0726	lowreindeer@comcast.net
	Ed Bunting	219 Washington Street	724-523-5255	jandebun@yahoo.com